

What is claimed is:

1. A portable exercise apparatus comprising:
a resistance exercise device having at least one integral grip; and
an accessory grip removably coupled to said at least one integral grip.
2. The portable exercise apparatus of claim 1,
wherein said at least one integral grip is a pair of integral grips, and
wherein said resistance exercise device further includes
an inelastic elongated member between said pair of integral grips, and
an anchor for attaching said elongated member to a stationary support.
3. The portable exercise apparatus of claim 2, wherein said anchor has a first end
slidably attached to said elongated inelastic member between said pair of grips and a
second end adapted for attaching to said stationary support.
4. The portable exercise apparatus of claim 2, wherein said inelastic elongated
member further includes a mechanism to adjust the length of said elongated inelastic
member between said pair of integral grips.
5. The portable exercise apparatus of claim 2, wherein each of said pair of integral
grips includes one of a pair of rigid elongated members each having an outer
circumference.
6. The portable exercise apparatus of claim 5, wherein said accessory grip has a grip
attachment portion including at least one strap having a length greater than the outer
circumference and includes a fastener to secure said grip attachment portion about one of
said pair of integral grips.
7. The portable exercise apparatus of claim 6, wherein said fastener is a hook-and-
loop fastener.
8. The portable exercise apparatus of claim 1, wherein said accessory grip includes a
loop adapted for accepting a heel of a user.
9. The portable exercise apparatus of claim 1, wherein said accessory grip includes
one or more loops each adapted for accepting at least one finger of a user.
10. The portable exercise apparatus of claim 1, wherein said accessory grip includes a
plurality of cords adapted for gripping, in any combination, by a hand of a user.

11. The portable exercise apparatus of claim 10, wherein each of said plurality of cords has a portion with a length greater than 4 inches and a diameter of from $\frac{1}{4}$ inch to approximately 1 inch, and a joint mutually connecting said plurality of cords,
where said plurality of cords is sufficiently flexible to adjacently arrange two or more of said portions of said plurality of cords.
12. The portable exercise apparatus of claim 11, wherein each of said plurality of cords has a second end, and where said second ends are joined.
13. The portable exercise apparatus of claim 12, wherein the distance from said joint to said second ends is approximately 10 inches.
14. The portable exercise apparatus of claim 4, wherein said mechanism includes at least one cam buckle, such that said length is adjustable according to the length of said elongated inelastic member through said cam buckle.
15. The portable exercise apparatus of claim 14, wherein said at least one cam buckle is two cam buckles, wherein each of said two cam buckles is adjacent to one of said pair of integral grips.
16. The portable exercise apparatus of claim 2, wherein said stationary support is a closed door having a door jamb, wherein said anchor includes an enlarged portion at said second end and a strap between said first end and said second end that is passable between said closed door and said door jamb, and wherein said enlarged portion is not passable between said closed door and said door jamb.
17. The portable exercise apparatus of claim 2, wherein said stationary support is a pole, rail, or stanchion, wherein said first portion includes a tensioning device, wherein said strap has a length sufficiently long to wrap about said structure, and wherein said tensioning device is adapted for tightening said strap about said structure.
18. The portable exercise apparatus of claim 1, wherein said length of said elongated member is between 6 feet and 12 feet.
19. The portable exercise apparatus of claim 3, wherein, when said forces are increased while positioning each of said pair of integral grips a distance of one half of said length from said anchor, said frictional restraint restrains said elongated member with said integral grips equidistant from said anchor.
20. The portable exercise device of claim 3, wherein said anchor includes an enlarged

portion at said second end and a strap between said first end and said second end, wherein said stationary support is a wall, and further includes:

a bracket having a first portion affixed to said wall and a second portion having an opening and spaced apart from said first portion,

where said opening in said second portion is adapted to accept said strap, where said spacing between said wall and said second portion is sufficient to accept said enlarged portion, and where said opening is sufficiently small to prevent said enlarged portion from passing through said opening.

21. The portable exercise apparatus of claim 1,

wherein said at least one integral grip is a pair of integral grips, and

wherein said resistance exercise device further includes an elastic elongated member between said pair of integral grips.

22. An accessory for attaching to an integral grip of a resistance exercise device comprising:

an accessory grip; and

an attachment portion coupled to said accessory grip and removably attachable to said integral grip,

such that said exercise apparatus provides resistance through said accessory grip.

23. The accessory of claim 22, wherein each of said pair of integral grips includes one of a pair of rigid elongated members each having an outer circumference.

24. The accessory of claim 26, where said attachment portion includes at least one strap having a length greater than the outer circumference of one of said rigid elongated members and includes a fastener to secure said at least one strap about one of said rigid elongated members.

25. The accessory of claim 24, wherein said fastener is a hook-and-loop fastener.

26. The accessory of claim 22, wherein said accessory grip includes a loop adapted for accepting a heel of a user.

27. The accessory of claim 22, wherein said grip portion includes one or more loops each adapted for accepting at least one finger of a user.

28. The accessory of claim 22, wherein said grip portion includes two or more cords adapted for gripping, in any combination, by a hand of a user.

29. The accessory of claim 28, wherein each of said plurality of cords has a portion with a length greater than 4 inches and a diameter of from $\frac{1}{4}$ inch to approximately 1 inch, and a joint mutually connecting said plurality of cords,

where said plurality of cords is sufficiently flexible to adjacently arrange two or more of said portions of said plurality of cords.

30. The accessory of claim 29, wherein each of said plurality cords has a second end, and where said second ends are joined.

31. The accessory of claim 30, wherein the distance from said joint to said second ends is approximately 10 inches.

32. A grip for an exercise device comprising:

a plurality of cords each having a portion with a length greater than 4 inches and a diameter of from $\frac{1}{4}$ inch to approximately 1 inch; and

a joint mutually connecting said plurality of cords and connected to said exercise device,

where said plurality of cords is sufficiently flexible to adjacently arrange two or more of said portions of said plurality of cords,

such that a user can grip two or more of portions of said plurality of elongated members.

33. The grip of claim 32, wherein each of said plurality cords has a second end, and where said second ends are joined.

34. The grip of claim 33, wherein the distance from said joint to said second ends is approximately 10 inches.

35. A device for anchoring an exercise device to a wall, where said exercise device includes a pair of grips and an anchor having a strap with an enlarged end, said device comprising:

a bracket having a first portion to affix to said wall and a second portion having an opening and spaced apart from an affixed wall,

where said opening is adapted to accept said strap of said anchor, where said spacing between said second portion and an affixed wall is sufficient to accept said enlarged portion between said accepted strap and said affixed stationary support, and where said opening is sufficiently small to prevent said enlarged portion from passing

through said opening,

such that said anchor of said exercise device is removably supportable by said opening of said bracket.